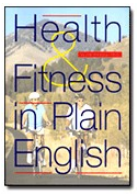
Suggested Reading for Physical Fitness Topics

Are you interested in learning more about physical fitness? Several national non fo organizations such as the American Council on Exercise, the American College of Spor Medicine, and the National Strength and Conditioning Association offer certifications i instructing group fitness programs or in serving as a certified personal trainer. What s guides do these nationally recognized exercise certification organizations recommend

This weeks' **NEHC Fitness Spotlight** identifies several of the latest manuals that been released by many of the nation's leading certification organizations in physical f These books & articles may serve as a reference for developing and conducting safe a effective physical training practices. To view the NEHC Fitness Spotlight, visit the NEH Fitness Homepage at **http://www-nehc.med.navy.mil/hp/fitness/index.htm**

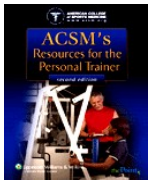
American Council on Exercise Group Fitness Instructor Manual Study Guide & Sample Test

American Council on Exercise Personal Trainer Manual

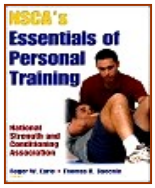


Health & Fitness in Plain English

Produced in cooperation with the American Council on Exercise



American College of Sports Medicine's Resources for the Personal Trainer



National Strength & Conditioning Association's Essentials of Personal Training

Physical Activity and Public Health: Updated
Recommendation for Adults from the
American College of Sports Medicine
and the American Heart Association

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